

**The sun's good, but too much of it is bad for you and can lead to skin cancer later in life. Being safe in the sun is the most important thing we can do to prevent skin cancer. Protect yourself by using sunscreen, wearing a hat, or even staying in the shade. Remember, it's always wise to choose more than one way to cover up when you're in the sun.**

### **Sun Facts**

- ★ More time in the sun means more chance of skin cancer.
- ★ The sun's UV rays cause skin damage even on cloudy or cold days.
- ★ Even a few serious sunburns before age 18 can increase the risk of getting skin cancer.
- ★ One bad sunburn as a child often results in skin cancer later in life.
- ★ The higher the altitude, the more dangerous the sun's ultraviolet rays.

### **Sun Tips**

- ★ Seek shade, especially during midday hours (10:00 a.m.-4:00 p.m.) when UV rays are the strongest.
- ★ Cover up with clothing to protect exposed skin.
- ★ Wear a wide-brim hat to shade the face, head, ears, and neck.
- ★ Grab shades that wrap around and block as close to 100% of both UVA and UVB rays as possible
- ★ Rub on sunscreen with sun protective factor (SPF) 15 or higher, reapply frequently.
- ★ Avoid sunbathing and tanning beds.